

Asthma and Smoking

What is Asthma?¹

Asthma is a health issue that affects the lungs. Airways swell and make it hard to breathe.

Asthma Triggers¹

Triggers make asthma worse and can cause an attack. Some common triggers are:

- Tobacco smoke
- Air pollution
- Dust
- Cockroaches
- Pet fur
- Mold
- Pollen
- Being active
- Cold or the flu
- Meds like aspirin
- Stress



Signs of an Asthma Attack¹

- Coughing - worse at night and early morning
- Wheezing - whistle sound when you breathe
- Chest tightness
- Shortness of breath

Taking Care of Asthma¹

Talk with your doctor about:

- Asthma meds
- Asthma triggers and how to avoid them
- Quitting smoking

Why Quit Smoking²

You can't get rid of asthma, but quitting can make your lungs work better. You are less likely to have:

- Swollen airways
- Shortness of breath and coughing
- Hospital stays due to asthma

**Call to get FREE help to quit smoking today!
English: 1-800-QUIT-NOW (1-800-784-8669)**

1. NIH. Asthma. (2014). Retrieved 8/2/18 from: <https://www.nlm.nih.gov/health-topics/asthma>
2. Broekema, et al. (2009). Airway Epithelial Changes in Smokers but Not in Ex-Smokers with Asthma. *Am J Respir Crit Care Med.* Vol. 180, No. 12 (2009), pp. 1170-1178